

Compassionate Communication Workshop

The Non Violent Communication process as created by Marshall Rosenberg

Violent vs. Non-Violent Communication

If "violent" means acting in ways that result in harm, then much of how we communicate — with moralistic judgments, evaluations, criticisms, demands, coercion, or labels of "right" versus "wrong" — could indeed be called violent.

Unaware of the impact, we judge, label, criticize, command, demand, threaten, blame, accuse and ridicule. Speaking and thinking in these ways often leads to inner wounds, which in turn often evolve into depression, anger or physical violence. Sadly, many of the world's cultures teach these "violent" methods of communication as normal and useful, so many of us find our communication efforts painful and distressed, but we don't know why.

The concepts and tools of Nonviolent Communication (NVC) are designed to help us think, listen and speak in ways that awaken compassion and generosity within ourselves and between each other. NVC helps us interact in ways that leave each of us feeling more whole and connected. It ensures that our motivations for helping ourselves, and each other, are not from fear, obligation or guilt, but because helping becomes the most fulfilling activity we can imagine.

With its focus on interpersonal communication skills, a casual observer might suppose that the NVC process is only applicable to relationships or conflict resolution. Yet people who practice the NVC process quickly discover its transformational impact in every area of the human experience — including transforming our classrooms and organizations, improving productivity in the workplace, transforming anger and emotional pain, and creating efficient, empowering organizational structures.

This is an 8-week workshop designed to give participants both knowledge and experience with the building blocks of the NVC process. Individuals with varied NVC backgrounds are welcome. Required text for the class is *Nonviolent Communication – A Language of Life* by Marshall B. Rosenberg, Ph.D.

Abundance Wellness Center

For registration, please contact
the facilitator or visit her website:

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**The significant problems we face
today cannot be solved at the
same level of thinking that
created them.**

- Einstein

Workshop Dates:

Thursday, September 8, 2011
Thursday, September 15, 2011
Thursday, September 29, 2011
Thursday, October 6, 2011
Thursday, October 20, 2011
Thursday, October 27, 2011
Thursday, November 3, 2011
Thursday, November 10, 2011

Classes are from 7:00 – 9:00 pm.

Note: Attendance at all sessions is highly recommended. However, there can be a videotaped backup made for those who must miss. Please work with Dr. Bigbie to arrange this ahead of time.

**Cost of workshop is \$120.00
if paid by August 26, 2011.**